

<p> <b>Abstract</b>          The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The intervention group (n = 20) participated in a 12-week walking program, 3 times per week, for 30 minutes per session. The control group (n = 20) remained sedentary. Pre- and post-intervention measurements were taken for heart rate, blood pressure, body mass index, and self-reported physical and psychological health. The walking program resulted in significant improvements in heart rate, blood pressure, and body mass index. Self-reported physical and psychological health also improved significantly. The results suggest that a 12-week, low-intensity, supervised walking program can improve the physical and psychological health of sedentary, middle-aged women.       </p>	<p> <b>Keywords</b>          walking, physical health, psychological health, sedentary, middle-aged women       </p>
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2813

SEARCHED			
Class	Subclass	Date	Examiner
438	14	5/10/05	efb
	11		
	15		
	18		
	24		
257	81		
	48		
324	75 <del>0</del> →		
	754		
	765		
	7621		efb

INTERFERENCE SEARCHED			
Class	Subclass	Date	Examiner
1138	14	3/10/05	yB
	11		
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